

## Men's Sexual Wellbeing Pre and Post-Treatment Instructions

### P-SHOT

Penile pump and lasso included with your first P-Shot treatment.

#### Pre Treatment Instructions

Please inform us 1 month in advance so we can help you discontinue temporarily blood thinners before your procedure: Aggrenox, Aspirin, Brillinta, Coumadin, Levenox, Equilis, Plavix, Pradaxa, Tica, Xarelto. If possible, discontinue WITH THE HELP OF YOUR TREATING PHYSICIAN.

- 1 week prior to the treatment STOP all NSAIDS NSAIDS (advil, ibuprofen, motrin, celebrex, naproxen, imovo, etc.)
- Take measurements and provide to staff before your procedure (ERECT diameter at the base and length of penis)
  - This video provides instructions on how to measure the circumference of your penis  
<https://www.youtube.com/watch?v=CN-1Ef9dRMw>

We will assist you in any tests that you may need in collaboration with your family MD such as diabetes testing, testosterone level testing, cardiovascular diseases.

#### Treatment Instructions

The P-Shot procedure begins with a simple blood draw. After topical anaesthetic cream numbing, the practitioner will inject the Platelet Rich Plasma (PRP) extracted from your blood in.

We recommend 3 to 6 treatments 1 month apart.

#### Post Treatment Instructions

- Sexual activity can be resumed immediately after treatment as no downtime is required for the P-Shot.
- Resume taking blood thinners as advised by your treating physician (usually the day after the procedure)
- Do NOT take any anti-inflammatory drugs for at least 6 weeks after your procedure.
- You may take Acetaminophen/Tylenol if you experience any mild tenderness or discomfort after the treatment.
- Should you develop any bruising, the application of cold packs within the first 48 hours followed by heat can aid resolution.

If any signs of infection call us or go to the nearest ER (fever, pus, warm and tender skin that is reddish).

#### Penile Pump Instructions

- Shave hair and use oil to help with gliding and prevent loss of pressure. You may see a little bit of blood if used the day of the procedure. It is normal.
- Place the plastic tube over your penis.
- Use the hand pump attached to the tube to create a vacuum inside the tube and pull blood into the penis. (no more than 10mmHg) The barometer may get inexact, therefore, if it hurts, stop immediately).



- Use it for 5 minutes twice daily. You can wait 5 minutes or more between the 2 sessions

### Shockwave Therapy

We deliver a higher number (3x more) of shocks on more sites than traditional shockwave therapies. We recommend a series of 6 to 12 treatments.

### Scrotox

Injection of 50 to 100 units of BOTOX → either at 4 sites in the dartos or every cm square.

- By Scrotal relaxation (semi paralysis of the dartos muscle) (the muscle over the scrotum) It can:
- Cosmetic (Aesthetic) enhancement by slightly increasing the length of the penis in its relaxed state (not erect)
- Relax Hyperdynamic / hyperactive scrotum
- Decrease Painful contraction of the scrotum
- PRE POST: SEE above, you can resume sexual activities the same day
- Frequency: every 3 to 6 months

### Penile BOTOX → for ED

Description of the procedure: Injection in the corpus cavernosum of 25 units of BOTOX → per side.

- PRE POST: SEE above, you can resume sexual activities the same day

Frequency: every 3 months if still needed. Because the mechanism is not paralysis but growth of new vessels, you may not need many treatments

After treatment, if you have any questions, concerns or experience any problems, please call our office at 613-749-4668.

### **Penis Measurements for Cylinder and Pumps (Only for patients on initial P-shot & purchasing)**

Accurate measurements of your penis will allow us to determine which cylinder size is best suited for you. We recommend the following steps to most accurately obtain your measurements. Please keep in mind that we only supply 1 cylinder and pump. We cannot be held responsible for inaccurate fittings based on the measurements you provide, and therefore do not exchange cylinders that don't fit i.e. too small/too large. We don't guarantee the pump cylinder, or give any warranties with these products.

## HOW TO MEASURE YOUR PENIS FOR CYLINDER SIZING

### Step 1: Find largest circumference measurement (Base or Shaft)

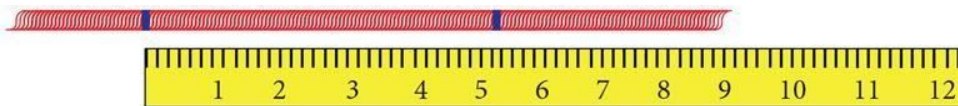
Find the largest circumference position with ERECT penis. Wrap a tape measure around the base of your penis while erect. If you do not have a tape measure, use a string to wrap around your penis and mark with a pen where the string intersects.

Sometimes the penis will be bigger at the penis head than at the base of the shaft. To make sure the cylinder will be comfortable, it is recommended to measure the largest circumference, either at the base or head of the penis. Wrap another string around the thickest part of the penis head, and mark where the string meets. Compare the two and go with the larger measurement.



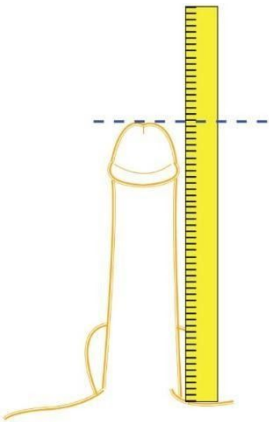
### Step 2: Measure your shaft circumference

Take the string off of your penis. Line it up next to a ruler and mark the measurement in inches. This is your circumference measurement.



### Step 3: Find your erect penis length

Our standard cylinders are 9" in length. In order to make sure you have room to grow, we need your erect penis length. Take a ruler, and line it up against your erect penis. Push the ruler a little bit against your stomach (about 1/2 inch). Measure your full length to the top of the penis head. That is your erect penis length.



Circumference Measurement \_\_\_\_\_ (inches)

Penis Length \_\_\_\_\_ (inches)